



Robert E. Bush  
Naval Hospital

## Did you know?...

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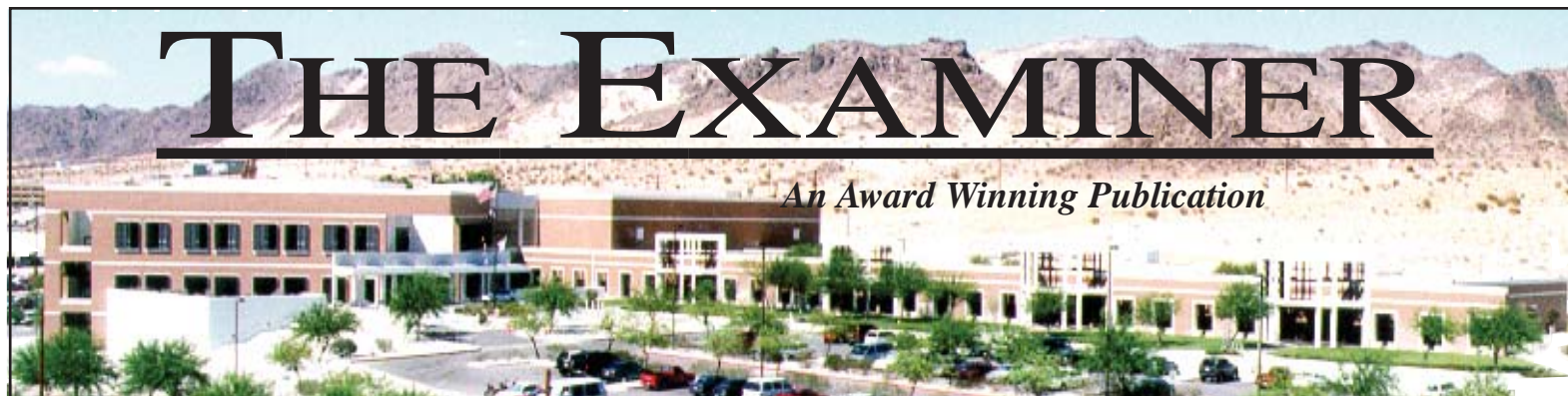
- \* Through the ICE website.
- \* The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at [complaint@jointcommission.org](mailto:complaint@jointcommission.org) Fax: 630-792-5636

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Commanding Officer  
Naval Hospital Public Affairs Office  
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<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

## Detailers Offer Career Tips, Guidance on Promotion Boards



**L-R: Cmdr. Samya Cruz, Lt. Cmdr. Jill Maldarelli-Drey, Cmdr. Paul Loesche and Cmdr. Rich Childers -- Detailers from the Navy Personnel Command, Millington, Tenn., counselled Medical and Nurse Corps officers during their site visit Feb. 29 - Mar. 1.**

**By Dave Marks, NHTP Public Affairs Officer**

Be active in your community and in your Corps -- that was some of the advice detailers from the Navy Personnel Command, Millington, Tenn., offered NHTP officers during their site visit to Naval Hospital Twentynine Palms Feb. 29 - Mar. 1. Nurse Corps assignments officers, Cmdr. Paul Loesche and Lt. Cmdr. Jill Maldarelli-Drey, and Medical Corps assignments officers, Cmdr. Samya Cruz and Cmdr. Rich Childers, spent two days counseling individual officers and offering insight into the promotion-board process. They culminated the session with a mock

promotion board held in NHTP Classrooms Four and Five. NHTP and MCAGCC officers had the opportunity to see the lightning-fast nature of the promotion "tank."

"They are going to divulge all of the information on your career for the past five years--in 60 seconds," Cmdr. Cruz said. The detailers showed a PowerPoint presentation in which the following points were made: The Detailer is the officer's advocate; he/she negotiates new assignments and "assigns the right person to the right job at the right time." The Specialty

*Continued on Page 2. Please see Detailers.*

## Area Healthcare Executives Visit NHTP

**By Cmdr. Suzette Inzerillo, NHTP Director of Healthcare Business**

Thursday, March 17, Naval Hospital Twentynine Palms presented the *2nd Annual CEO Networking Conference*, coordinated by the Directorate of Healthcare Business. This year's theme was "Collaboration and Networking, Our Commitment to World-Class Care." Naval Hospital Twentynine Palms hosted senior leaders from High Desert Medical Center, Desert Regional Medical Center, Loma Linda University Medical Center, Eisenhower Medical Center, JFK Memorial Hospital, and managed care support contractor, United Healthcare Military and Veterans.

Commanding Officer, Capt. John A. Lamberton, kicked off the networking event with opening remarks. Lt. Cmdr. Nathaniel Rial presented "Military/Civilian Collaboration," describing the opportunities and challenges in

obtaining specialty care for our NHTP TRICARE beneficiaries.

Ms. Shamica Debose, Clear and Legible Reporting Clerk, described her patient-care experiences in military medicine through a brief titled, "The Military/Civilian Health Care System." Lt. Cmdr. Garry Closas presented a brief titled, "Deployed Military Medicine."

Visitors and command staff posed for a group photo prior to a comprehensive tour of our military treatment facility, led by NHTP Executive Officer, Capt. Jeffrey Bitterman. This event highlights the collaborative dedication to our NHTP healthcare beneficiaries from both military and civilian health-care leaders in this region.

Attendees expressed appreciation for the opportunity to gain insight into Navy Medicine as well as an appreciation for our military members and their families.



**Lt. Cmdr. Garry Closas offers area medical center leadership an overview of the NHTP Emergency Dept. during a hospital tour. Representatives from Desert Regional Medical Center, Eisenhower Medical Center, High Desert Medical Center, John F. Kennedy Memorial Hospital, Loma Linda University Medical Center and United Healthcare visited NHTP Mar. 17. Earlier Lt. Cmdr. Closas presented a brief titled, Deployed Military Medicine.**



## Detailers, continued from Page 1

Leader advises the detailers and strategically plans for the good of the specialty. The Placement officer is the Command's advocate and attends to the needs of the command. The Community Manager "attends to the good of the community."

The following points were made in regards to orders: Do not expect to be released greater than 90-120 days prior to your transfer month. The detailers advised not to take any irreversible or "non-refundable" actions prior to receiving orders and talking to the Personnel Support Detachment. They stressed that Letters of Intent can be used for some aspects of planning (childcare or housing list) but cannot be used for anything involving funds (household goods movement, home purchase, etc.).

According to the detailer's PowerPoint presentation: "Your fitness report (fitrep) is the single-most important personnel-management tool and affects all personnel decisions. Performance is everything. Make the best of every situation. Boards select based on the written record--the written record IS the individual."

In large red letters on the bottom of the Records Review slide, the detailers noted, "Records NOT up to date reflect on the eligible officer being considered." Lt. Cmdr. Maldarelli-Drey noted, "If you can't keep your own records up to date, it speaks to your effectiveness as a leader."

The detailers recommended waiting four months following the completion of a fitness report to make sure it's in the system. However, when preparing for a selection board, Lt. Cmdr. Maldarelli-Drey noted the importance of planning ahead.

Cmdr. Cruz said the Navy is moving away from promotions based on date of rank and more toward rewarding merit. "The old days of two failures to be selected and you're out are gone. We are sending people to more advanced and longer schools. An officer may be earning a PhD. and we need that expertise back to train our forces," she noted.

"Besides the leadership in and out brief, the detailers took the time to educate all staff corps officers on record management and promotion principles," said Lt. LauraBeth Brogdon, NHTP staff nurse on the Multi-Service Ward. "During the first brief, the four detailers went over the basic organizational chart and discussed how the chain of command at the Naval Personnel Command (NPC) works. They briefly touched on the different positions in NPC and how everyone impacts and assists in Navy personal movement. They then went into the exact job of the detailer -- mainly to be your advocate while filling vital must-fill billets throughout the Navy. They discussed the pathway of the orders and made a note that orders take time to complete, so patience is key," Brogdon continued.

In addressing the officer official photo, Cmdr. Loesche said the photo should reflect current rank. Khaki skirts are acceptable for female officers. "Make sure you look professional and pleasant," he said.

The detailers reiterated the importance of being fully engaged, not just professionally in their respective specialty, but overall. "Being active in your community and in your corps is a big deal."

Lt. Brogdon noted, "The detailers enjoyed their stay and remarked on how well all of the interviews and the briefs went."



**Hospital Corpsman First Class Carolyn Teofilo (far right), Local Program Coordinator for DEFY, and Mr. Keiada Theodule (far left), Hospitalman Dennis Hyman and Hospital Corpsman Second Class Richard Mathisen-- all mentors for Drug Education For Youth (DEFY), chaperoned the NHTP DEFY youth on a field trip to the MCAGCC Fire Station Saturday, Mar. 12. The topic for that day was personal safety. The group met with firemen and a paramedic and were given an overview of the facility. DEFY is a year-long, command-sponsored drug demand reduction and comprehensive life skills program designed for 9-12 year olds. DEFY aims to strengthen youth resiliency and family bonds by using a science-based curriculum that provides the foundation for youth to learn goal setting, leadership, teamwork, self-esteem enhancement, and many other life skills. (Photo by HM2 Richard Mathisen)**

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Patients seen in Feb. - 11,078  
Feb. appointment no-shows: 971  
Feb. appt. no-show rate: 9.7%

To make an appointment, call:  
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**Get Ready. Get Fit. Get Healthy.**



# Preventive Medicine Corner

## Submit Questions/Concerns and Tanya Will Provide Answers



### Tanya Stuckey

Dear Tanya,

Is the HPV vaccine really necessary? I am worried that it is just one more immunization that the government wants to push on us.

Signed,  
No More Shots

Dear No More,

The human papillomavirus (HPV) is a sexually transmitted infection (STI) and one of the most common STIs in the United States. The HPV vaccine is meant to protect youth against cancers caused by HPV infection. According to the Center for Disease Control and Prevention (CDC), nearly 80 million people in the US are currently infected and most sexually active men and women get it at some point in their lives.

Cervical, vaginal, penile, anal and oropharynx (back of the throat) cancers as well as genital warts can be caused by HPV infection and there are different types of the virus. The CDC states that the vaccine is ideally recommended for both boys and girls at age 11 or 12 as a preventive measure when it has the greatest chance to produce the

best immune response. A full series of three shots is recommended. After the initial vaccination, a second shot is administered one to two months later and the final dose is given six months after the first shot.

If you or your child is outside of the 11-12 year window, young women can still get the vaccine through age 26 and young men can be vaccinated until the age of 21. Please talk with your healthcare provider about any concerns you may have in regards to the HPV vaccine.

Ultimately it is your decision whether to be vaccinated. Just be sure to educate yourself with reliable resources and remember that the benefits of preventing certain cancers may outweigh any risk of not receiving protection.  
Tanya

## PPE -- It's Not Just For Work

By Tanya Stuckey

We talk about safety every day and there is no argument that seat belts save lives; construction sites require hard hats and other safety equipment; environmental-hazard experts have precautions that often include gloves, masks and sometimes full protective suits to reduce exposure to dangerous substances. Why is it that when it comes to our sexual health, some people choose to ignore the need for PPE (personal protective equipment)?

Protecting our physical health is just a small part of overall sexual health. Let's look at other areas we should be aware of. The World Health Organization (WHO) defines sexual health as a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity.

Do you feel safe in your relationship? Does your partner offer enthusiastic consent when you are intimate?

Communication regarding boundaries and limitations are

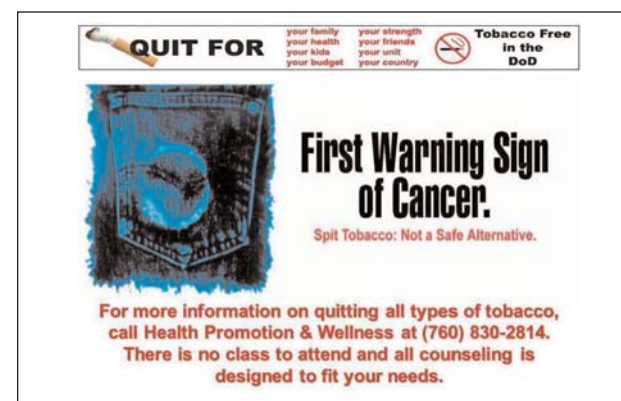
often a good starting place when considering the next step in a relationship. No one wants to be faced with the awkward circumstance of misunderstanding a night of "fun," reuniting only to disclose STDs or an unplanned pregnancy. These situations can likely be prevented with open communication and proper PPE (psst... condoms can be purchased almost anywhere and obtained often free of cost from any healthcare facility).

Despite the sensitive nature of the topic, sexual health is necessary and a public health issue. What occurs in the privacy of our own homes may very well impact the wellbeing of the human race. We are addressing an important health focus that reaches over the lifespan. We all have the right and responsibility to make healthy choices that include choosing a partner with shared views of relationship goals, being confident in who we are, feeling good and participating fully in life.

If you are interested in learning more, talk with your healthcare provider and get the tools to keep you and your partner safe



**Patient Safety Week Poster Competition. And the winners are... Multi-Service Ward wins 1st Place (by one point) for its Clean Hands poster. Maternal Infant Nursing Department wins 2nd Place for its Safe Place Poster. Behavior Health won 3rd Place (again by one point) for its Never Alone -- Patient Safety Network Poster.**





## Awardees...

*First Friday Colors are a celebration of NHTP staff, military, civilian and contract, who are recognized for their achievements. These photos are from the Mar. 4, 2016, award ceremony. Commanding Officer, Captain John A. Lamberton, is the presenter. (Photos by HM2 Vince Lo)*



Lt. Ryan Rigby is awarded the Army Achievement Medal "for meritorious achievement while serving as the Lead Plans, Operations, and Medical Intelligence Officer for Task Force Forager during Pacific Partnership 15 from May 24, 2015, to Aug. 15, 2015. Lt. Rigby reflected the highest standards by aligning the complex planning and logistical movements with all of the talents and capabilities of the Joint Medical Task Force on board the joint high speed vessel. He coordinated planning efforts across multiple lanes ensuring the availability of manpower and materials for mission success. His outstanding performance, commitment to duty, and selfless service reflect great credit upon himself, the 62nd Medical Task Force, Task Force Forager, the United States Army, and the United States Navy."



Lt. Darcy Dunlap is presented with a Patient Safety Award in recognition of her valuable contributions to Naval Hospital Twentynine Palms' Patient Safety Program.



LT. Derek Witkowski is awarded the Navy and Marine Corps Achievement Medal for professional achievement in the superior performance of his duties while serving as Assistant Department Head, Materiel Management Department, NHTP, from Oct. 2013 to Mar. 2016.



Hospitalman Jordan Thomas is presented with a Patient Safety Award in recognition of her valuable contributions to Naval Hospital Twentynine Palms' Patient Safety Program.



Hospitalman Braden Hunter is awarded the Navy and Marine Corps Achievement Medal for professional achievement in the superior performance of his duties while serving as General Duty Corpsman, Medical Home Port Blue Team, NHTP, from Mar. 2013 to Mar. 2016.



Hospital Corpsman Third Class Thomas Hanson III is awarded the Navy and Marine Corps Achievement Medal for professional achievement in the superior performance of his duties while serving as Supply Petty Officer, Directorate of Nursing Services, NHTP, from Dec. 2014 to Mar. 2016.



Ms. Brigitte Baca accepts a *Best of the Best* Award on behalf of the Operations Management Department. This award recognizes customer service skills and is tabulated from patient satisfaction surveys, TRICARE outpatient satisfaction surveys and/or TRICARE inpatient satisfaction surveys.



Hospitalman Joshua Holder is presented a Flag Letter of Commendation "for outstanding performance of duties while serving as Staff Corpsman, Emergency Medicine Dept., NHTP, from Apr. 2014 to Apr. 2016. He performed 1,072 intravenous catheters, 50 wound closures, and 1,112 laboratory blood draws, and implemented the Corpsman Turnover Binder for TeamSTEPPS which maintained program continuity and patient safety focus. As Departmental Supply Petty Officer, he executed the day-to-day requisitions of \$54,000 worth of consumable supplies that ensured the rapid replacement of 150 line items essential for urgent patient care. In addition, he volunteered 144 hours at the Coachella Music Festival and the Long Beach Grand Prix that contributed to the combined donation of \$10,000 toward the 2015 Navy and Hospital Corpsman Balls. Hospitalman Holder's exceptional professional ability and loyal devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service." [signed] Bruce. L. Gillingham, Rear Adm., Medical Corps, United States Navy.





Hospital Corpsman Second Class Joshua Bellavia is presented with a Patient Safety Award in recognition of his valuable contributions to Naval Hospital Twentynine Palms' Patient Safety Program.



Ms. Judy Espinoza is presented a Federal Length of Service Award in grateful recognition and appreciation for her 25 years of faithful service to the federal government.



Hospital Corpsman Third Class Celeste Black (left) reenlisted Feb. 18 for three more years. HM3 Black works in the Adult Medical Care Clinic as a general-duty corpsman. She's been in the Navy for almost three years. Hometown is Fort Collins, Colo. Reenlisting Officer is Cmdr. Kanti Ford.



Hospital Corpsman Second Class David Ferguson (left) reenlisted Mar. 3 for six more years. HM2 Ferguson works in the Adult Medical Care Clinic as a general-duty corpsman. He's been in the Navy eight years and in his current position for two years. Hometown is Apple Valley, Calif. Reenlisting officer is Lt. Blake Lyman.



Hospital Corpsman Third Class Michael Betz reenlisted Mar. 18 for three more years. HM3 Betz has been in the Navy five years, the last year working in NHTP Patient Administration. Hometown is Rio Rico, Az. HM3 Betz has orders for the 23rd Dental Company here on MCAGCC. Reenlisting Officer is Lt. Ryan Rigby.



Hospitalman John Mills reenlisted Mar. 18 for five more years. HN Mills is a general-duty corpsman in the NHTP Physical Therapy Dept. He's been in the Navy three years and has orders for Corpsman "C" School where he will train to be a biomedical technician. Hometown is Cleveland, Ohio. Reenlisting Officer is Cmdr. Wendy Pinkham.



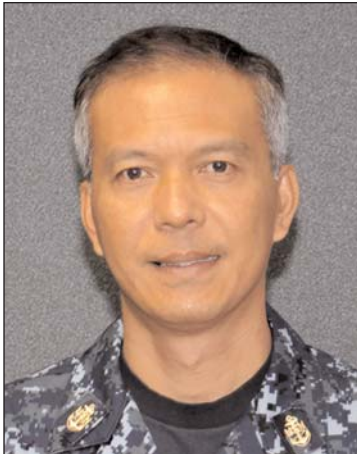
Hospital Corpsman Second Class Aaron Sheppard reenlisted Feb. 29 for six more years. An orthopedics technician, HM2 Sheppard is from Sault Ste. Marie, Mich. He has orders for the 1st Marine Logistics Group, Camp Pendleton. Reenlisting Officer is Lt. Cmdr. Michael Van Manen.



Hospital Corpsman Third Class Alfredo Carrillo (left) reenlisted April 4 for three more years. HM3 Carrillo works as a general-duty corpsman on the Maternal Infant Nursing Ward. He's been at NHTP for three years and in the Navy for four years. HM3 Carrillo has orders for the USS George H. W. Bush (CVN 77), based out of Norfolk, Va. Reenlisting officer is Lt. Cmdr. Virgilio Crescini.



# Introducing New Staff -- Welcome Aboard!



**HMC Celso Cabrera**

HMC Celso Cabrera has never been to NHTP but he already knows a fair number of staff, having just left a three-year assignment aboard USNS Mercy (T-AH-19), where he was Senior Enlisted Leader for the Directorate of Clinical Support Services. A radiologist by training, Cabrera was born in the Philippines. He earned a civil engineering degree before enlisting in the Navy. Cabrera said of the many assignments he's had during his 21-year career, the USNS Mercy was most memorable. "RIMPAC (Rim of the Pacific Exercise) 2014 was history in the making," Cabrera said. "It was the first time the Mercy participated in the Pacific Rim exercise." Cabrera said he's had green-side and Navy-ship assignments, but performing humanitarian missions on the USNS Mercy "was a big experience for me." At NHTP he's assigned as Senior Enlisted Leader for the Directorate of Surgical Services. His wife and three children reside in San Diego.



**IT3 Austin Boone**

Information Systems Technician Third Class Austin Boone just arrived from "A" School in Pensacola, Fla. Hometown is Knoxville, Tenn. At NHTP, his first non-school duty assignment, he's assigned to the Information Management Department. He's been in the Navy two and a half years and is working on completing his Associate's degree. "I've already earned 12 more credits while I've been in the Navy," he said. He wants to eventually apply to be a chief warrant officer. In the meantime, he's excited to be stationed at NHTP and says he's looking forward to gaining expertise as an IT specialist. Boone spent five days driving cross country in his 2016 Jeep Cherokee to arrive at his new duty station and took in major sites along the way. "The Grand Canyon was amazing," he said. A self-avowed "outdoorsy person" he plans to return with camping equipment. IT3 Boone is currently living in the barracks but would like to eventually move into town.



**Mr. Ricardo DeLuna**

Mr. Rick DeLuna is our new Computer Information Systems trainer; although old timers might recognize a familiar face. "I'm a plank owner for this facility," he said. "I retired here as a petty officer first class and I worked here for 10 years in the Civil Service." After a four-year stint as a paratrooper in the U.S. Army, Mr. DeLuna was an active-duty Navy Corpsman from 1981 to 1997. He was a government-service civil servant from 1999 to 2009, working as the physical evaluation board liaison officer (PEBLO) and he worked in the Information Management Department supporting CHCS and ALTA. Since then he's earned a Master's degree in Human Services from Capella University. Mr. DeLuna lives in Yucca Valley with his wife of 32 years. He has two children and is currently caring for two grandchildren, 8 and 9. Favorite hobbies include pool, camping, shooting, music festivals and racket ball. "I'm excited to be back," he said. "It's like coming



**HM1 Bryan Tullao**

Hospital Corpsman First Class Bryan Tullao has been an MRI technologist at Naval Hospital San Diego for the past four years. With the installation of NHTP's new GE 1.5 Tesla MRI unit, HM1 Tullao found a Radiology Department eager for someone with his experience and qualifications. Originally from Los Angeles, HM1 Tullao still has a lot of family there. He's been in the Navy 15 years and is no stranger to NHTP. This was his first duty station. "First and last duty station," he chuckled. Thirteen years ago he was assigned as a general-duty corpsman in the NHTP Surgical Services Directorate. After six years he earned his MRI credential. "It's a good field," he remarked. There's no formal MRI school; so he trained as an x-ray technologist and on CAT scans and worked OJT in the Radiology Dept. in Okinawa. He lives in Murrietta with his wife, Reneth, and two children, Briana, 6, and Kenneth, 4. Hobbies include video games and basketball.



**Lt. j.g. Qianning Zhang**

Lt. j.g. Qianning Zhang arrived from the University of Texas School of Public Health where she spent the past two and a half years earning her Master's of Public Health degree in Healthcare Management. She earned her undergraduate degree in music composition from Grinnell College, Iowa. Hometown is Houston, Texas. "I wanted to give back to my country for all of the privileges we have here," she said on why she sought a commission. Zhang plays the violin and viola. "When I was in Houston, I was part of what they call the Doctor's Orchestra--it's in the medical center. We played anything from classical to jazz. Whatever the director wanted us to play we played. I have yet to be disappointed by her repertoire and was happy with what she picked," Lt. j.g. Zhang said. Zhang said she like this area but is still learning to navigate without getting lost. She says she's heard about an orchestra in Cathedral City that she might be able to join.



# MWR Committee Hatches Family Friendly Spring Fling



*Naval Hospital Twentynine Palms Morale Welfare and Recreation Committee (MWR) headed by HM1 Carolyn Tiofilo, and with the timely aid of the Second Class Petty Officer Association, orchestrated a family-friendly evening filled with food, fun and frolicking. Activities included a bounce house, sack races, a free-for-all scampering for Easter eggs, face painting and an arts and crafts table. A very large bunny was also in attendance. The Spring Fling evening wouldn't have been possible without the teamwork, esprit de corps and positive energy created by the following individuals: HMC Madonna MacKnight, MA1 Steven Adams, HM1 Raul Cervantes, HM1 Saul Vasquez, HM1 Joshua Lukacovic, CS2 Javonnie Beall, CS2 Lodeja Maiden, HM2 Nicholas Kirsch, CS2 Jesse Martinez, HM2 Serrita Coleman, HM2 Claudia Duranramos, LS2 Eric Valadez, CS3 Dean Hall, HM3 Jaimey Monroe, CS3 Whitney Boygents, HM3 Eric Mosey, HM3 Jasmine Sherrod, HN Mitchel Lindgren, HN Julius Navalta, HN Michael Deleon and last but not least, CSSN Alexandria Johnson.*



